

In the claims:

1. (Cancelled) A Fast Arm-Swing Tether system comprising  
a frontal protrusion means with a support located in front of chest at a distance less than  
length of lower arm away from chest, and  
a pendulum means *for each arm*;  
with said frontal protrusion means worn by an athlete;  
with said support at the frontal protrusion means effective to hang said pendulum  
means;  
with the pendulum means hanging from the support; and  
with the pendulum means effective in providing hanging support to *hand* ends of lower  
arms of said athlete so as to enhance arm-swing pendulum motion.
  
2. (New) A device for running and walking comprising  
an about parallel to upper arm pendulum means for each lower arm, and  
a frontal protrusion means with support to said parallel to upper arm pendulum means  
that ensures each parallel to upper arm pendulum means is about parallel to each  
respective upper arm.